

Technology and the Outdoors?

How do millennials and centennials utilize their time? How much time do they spend on their devices? How much time outside?

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Introduction

- ❖ Centennials (those born after 1996 to today) and Millennials (those born between 1977 to 1995) were raised with the advancement of technology and social media.
- ❖ Time spent on technology is now normalized as “technology addiction” or “excessive human-machine interaction” (Ali 2018).
- ❖ Excessive interactions with technology are creating more negative impacts on mental health (Laskin 2018).

Hypothesis

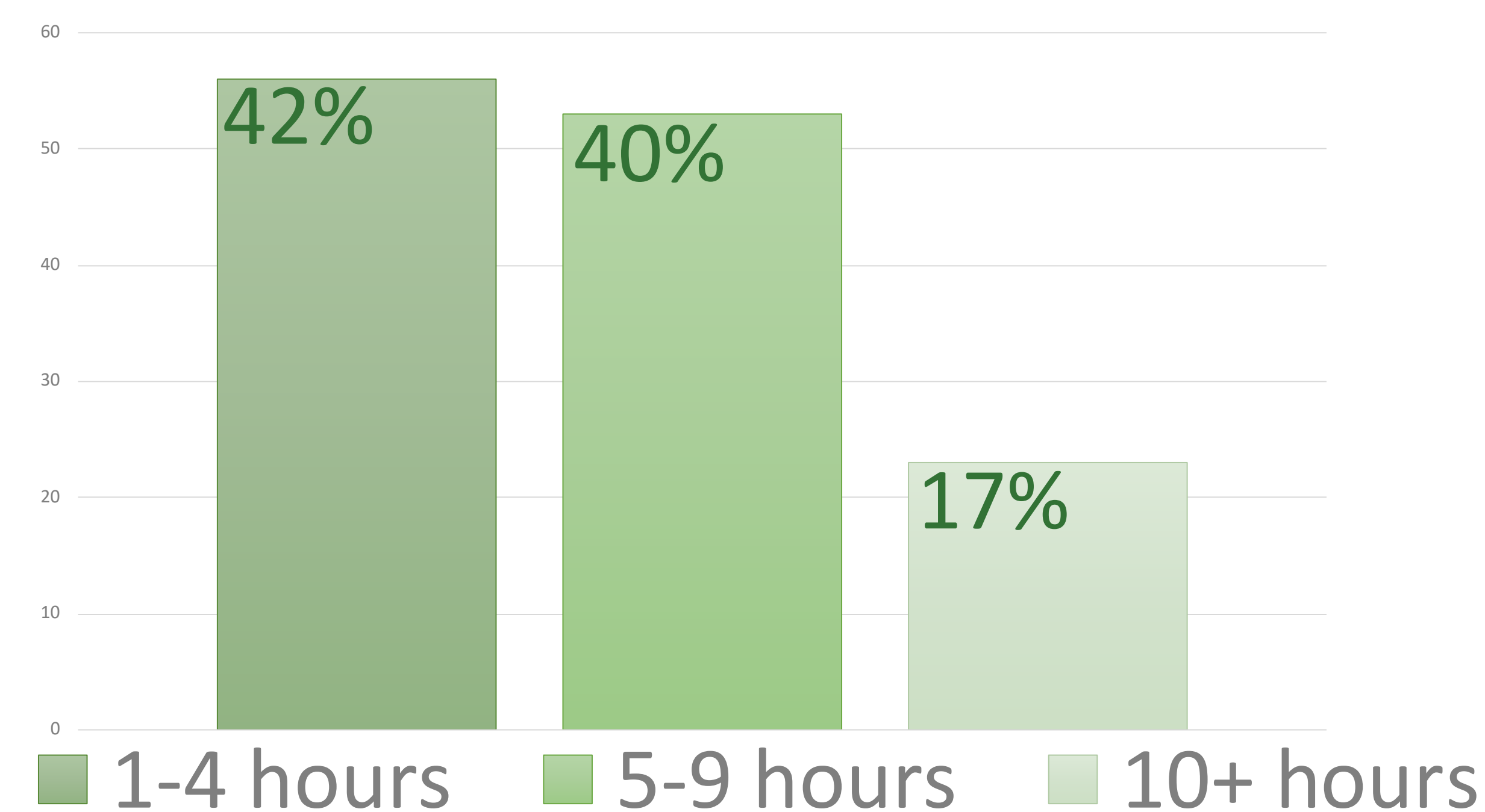
Millennials and centennials spend more time on their technology than they do outside per week.

Methods

- ❖ Anonymous online survey
- ❖ Participant observation
- ❖ Fieldnote Journaling from an Immersion Semester Program (Spring 2018 semester)



F.1. Hours Spent on Devices a Day



Findings

- ❖ In Figure 1, 42% of participants spent 1-4 hours, 40% spent 5-9 hours, and 17% spent 10+ hours. There was a negative correlation between time on devices and time spent outside. The more time spent on devices, the less time people spent outside.
- ❖ People felt that they needed to be connected to their devices for various reasons at all times. The three main reasons were: work, being able to promptly respond, and feeling like they were missing out on things (FOMO).
- ❖ 149 out of 162 respondents reported feeling anxiety, stress, and sadness when disconnected.
- ❖ People who experience extended periods of disconnection from their technology, usually 24 hours or longer, reported feeling “refreshed” and “amazing.”

Future Research

- ❖ Conducting similar research with younger populations
- ❖ Interdisciplinary research on the neurological impacts of excessive usage and disconnecting
- ❖ Examining the effectiveness of activity apps

Work Cited

- ❖ Ali, Shainna, 2018. Could You Be Addicted to Technology? . Psychology Today.
- ❖ Laskin, Josh 2018. The Tech Generation Desperately Needs Wilderness Therapy. Outside Online.

Acknowledgements

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